Sports pg 12

Canucks fall to Hawks 7-5

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Why I deserve your vote

Leading candidates to run the province state their parties' positions

By Carole James
B.C. NDP Leader

As this campaign comes to an end people from across our province are coming together to build a better future for themselves, their families and their communities.

In Burnaby, a woman whose father is losing his long-term-care bed told me she's voting NDP to change that. In Kamloops, Rafe Mair told me he's voting NDP to stop the sale of our rivers. In MacKenzie, forest workers told me they are voting NDP to save their jobs and communities. And in Surrey a mom on Mother's Day told me she's voting NDP to improve conditions in her daughter's classroom.

In community after community, working families, small-business people, seniors and young people are saying eight years of Gordon Campbell is enough. They are saying after eight years it's time to put everyday families first in line.

Together, we can ensure that no one is left behind. We can make decisions based on fairness and respect for all, because everyone matters. For eight years, government friends and insiders have been more important to the Campbell government than you are. Eight years of that is enough.

My pledge is to change the way Victoria works. My pledge is to put you first — to make sure working families are treated fairly, that seniors get better care and that young people get a shot at an affordable education and better opportunities.

Together, we can do it. I invite you to stand with me to take back your B.C.

By Gordon Campbell
B.C. Liberal Leader

"Who is best able to lead our province through these difficult economic times?" That's the question British Columbians will answer when they vote today. This is the most critical election in a generation. Thousands of jobs are at stake.

British Columbia needs a government that has a plan to strengthen our economy, create jobs and ensure B.C. families and communities stay strong.

Ask yourself why not a single major employer has come out in support of Carole James and the NDP. Small business, forestry, mining, energy, retailers and tourism don't support the high tax, high deficit plan of Carole James. They know an NDP government would be bad for jobs, for their businesses and their employees.

Independent experts have said the NDP plan would cost well over 100,000 jobs. This is no time for risky experiments or on-the-job training. Carole James and most of the NDP candidates don't have business experience. It's a time for proven leadership and people who know what it's like to run a business and meet a payroll.

The B.C. Liberals have a plan to keep B.C. strong that protects jobs and builds for the future. We're going to build on our record of lowering taxes, putting more money back in your pocket, and making our province more competitive to attract the investment that creates jobs.

The stakes in this election are high. Today when you vote, please think about your job, and the opportunities you'd like for your family moving forward. Vote for a B.C. Liberal government.

By Jane Sterk
Green Party of B.C. Leader

British Columbians deserve a government that works in their interests, not the interests of their party or, worse yet, the interests of the special interest groups that fund them and expect favours in return.

As leader of the Green Party, I take seriously the responsibility to work in the best interest of all British Columbians and to exercise accountability to future generations so our grandchildren's grandchildren also have the opportunity to live a good life.

As well, I acknowledge that we share the physical space we call B.C. with other species whose survival is compromised by every action we and the government on our behalf takes.

The Green Party has a better plan for B.C., one that would apply new thinking to the serious problems we face: Climate change and environmental degradation; poverty, homelessness and community decay; economic underpinnings that leave many at risk and that offer little protection from boom and bust cycles because they are built on the erroneous assumption that we can consume everything all at once and still have future prosperity.

Unlike the leaders of the NDP and the Liberals, I have experience in both business and the public sector and respect the contributions both must make to finding solutions to problems. Yet, I and the Green Party are beholden to neither. I am the only leader who is after influence not power.

I believe partisan politics must end. A vote for the Green Party is neither left nor right but forward to a better future.

PHOTOS: JENNIFER GAUTHIER/FOR METRO VANCOUVER

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INCLUDES accom, transportation, some meals, select sightseeing tours and addmission fees on this 5-night guided tour of Seoul & Gyeongju. **HIGHLIGHTS** Folk Museum, DMZ Tour, Ginseng Centre, Bulkuksa Temple, Sugguram Grotto, Gyeongju National Museum and more. Travel Aug - Nov, 2009/rsh. **ADD** roundtrip airfare to Seoul with Korean Air from $1149 (taxes $204).

Korea 9-Day Sparkling Tour — FROM **$2625** taxes & fees included

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Thailand Tribal North — FROM **$689** + local payment USD250

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Belize & Guatemala Hummingbird Highway — FROM **$949** + local payment USD250

INCLUDES all accom, transportation, some meals, tour leader and local guides on this 14-day small group tour exploring Belize & Guatemala. **HIGHLIGHTS** Tikal, Flores, San Ignacio, Caye Caulker, Belize City, Mayan ruins, jungle hikes and the 2nd longest barrier reef in the world.

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2nd premier's rumoured 'electrifying' phobia
B.C.'s second premier, Amor De Cosmos, who served from 1872 to 1874, was rumoured to be afraid of electricity and refused to ride electric street cars or even have electricity in his house. METRO VANCOUVER

Local

Political history lesson

British Columbia is home to Canada's first female premier, Rita Johnston, who took over from Social Credit's Bill Vander Zalm in 1991. Johnston, B.C.'s 29th premier served eight months before the Socreds were defeated by New Democrat Mike Harcourt in 1991 and she lost her seat to the NDP's Penny Priddy. METRO VANCOUVER

News in brief

HOUSING Home prices declined 1.1 per cent in Vancouver from February to March, Statistics Canada announced yesterday. Builders attributed the lower prices to competition and slow market conditions.
METRO NEWS SERVICES

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What's online today.

Your Money Allan Small on how the U.S. bank stress tests were just one factor in the continued market rally at **metronews.ca/investing**

Actress films ski jumpers' fight

Documentary follows women's push to be included in 2010

VANCOUVER 2010 Games

KRISTEN THOMPSON
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Virginia Madsen had her son in mind when she agreed to produce a documentary about women ski jumpers fighting to participate in the 2010 Olympics.

"When he was a very little boy, (it) delighted me that there were just as many cartoons with female superheroes as there were with male superheroes," Madsen told Metro Vancouver yesterday.

"I thought, 'Wow. Boys and girls are growing up to view each other on an equal playing ground.'"

But when Madsen told him that female jumpers weren't allowed to compete in the Olympics, he couldn't understand why — and she couldn't justify it.

The Academy Award-nominated actress' production company, Title IX, is producing Fighting Gravity, which will follow 15 female jumpers as they fight VANOC in a lawsuit demanding they be included in 2010.

PHOTO SUBMITTED

Actress Virginia Madsen skiing in Banff, Alta. Madsen is filming a documentary following 15 female ski jumpers as they fight VANOC for the right to compete in the Olympics.

Filmmakers were in Vancouver last month when four of the women sat in B.C. Supreme Court as their lawyer argued their case.

Footage also includes American jumper Lindsey Van as a little girl, announcing she wants to be in the Olympics one day.

"I love the Olympics. I follow (them) as much as I follow the Oscars because ... what I feel in common with (the athletes) is a dream that's almost unattainable," Madsen said.

"They look just like I did, they have that same fire and excitement."

She added this is a fight that belongs to all women.

"I don't want to think about how it will feel if they get turned away," Madsen said. "But ... they're going to keep (jumping), whether someone lets them or not."

Evictions protested

WEST END Twenty-two tenants facing eviction gathered outside the Berkeley Apartments in the West End to argue that minor, cosmetic renovations shouldn't be enough to justify them losing their homes.

"What we're seeing is the 'Whistlerization' of the West End," said Mike Coates, a tenant who said he moved to the area to be close to his son. "Prices went way beyond the affordability of anybody and we're seeing the same thing happen here."

NDP MLA Spencer Herbert, who helped organize the rally, said B.C. needs a "right of first refusal" bill similar to the one introduced by the Ontario Liberals. "It's a balance between landlords and tenants to stop these kinds of evictions just so you can drive up the rents," he said.

KELSEA BLOXAM AND MINÉ SALKIN/ FOR METRO VANCOUVER

RCMP apologize for Dziekanski's death

REMORSE The RCMP's second-in-command has issued an outright apology for the death of Polish immigrant Robert Dziekanski.

"We are very sorry for Mr. Dziekanski's death and we are committed to learning as much as possible from this terrible event," Deputy Commissioner William Sweeney told a Senate committee yesterday.

Sweeney's apology was delivered in the absence of Commissioner Bill Elliott, who was attending a funeral.

When asked what actions he was apologizing for, Sweeney declined to specify, saying instead "it's inappropriate" to do so while an inquiry into the death is under way.

He did mention that "this tragic event playing out day in and day out in the media ... has not promoted confidence in our organization, there's no question.

"When the courts are completed, we have to respond with an informed series of actions."

TORSTAR NEWS SERVICE

Man attacked by fake cops

DELTA An 18-year-old man received minor injuries after he was attacked by a pair of men masquerading as police officers, Delta police said yesterday.

Delta Const. Sharlene Brooks called the impersonation "problematic" because it could jeopardize the trust needed between officers and the public.

Brooks said a non-uniformed police officer will always has photo identification and a police badge.

The victim was walking home from a house party on Sunday when two men in an older-model blue car said they were officers and asked if the man had drugs or alcohol. The man was attacked after trying to flee.

JEFF HODSON/ METRO VANCOUVER

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Brown made history in 1972

New Democrat MLA Rosemary Brown became the first black woman to be elected to a Canadian legislature in 1972. Brown, along with former B.C. Lion Emery Barnes, also in 1972, were the first black politicians elected to B.C.'s legislature. METRO VANCOUVER

Vote could reshape way elections are run

STV If 60 per cent of British Columbians say "Yes" to the referendum question in today's ballot the way candidates are elected in our province will drastically change.

The proposed B.C. Single Transferable Vote, or STV, system is about proportional representation. A party that receives 20 per cent of votes would get roughly 20 per cent of seats.

The current first-past-the-post system elects the local candidate with the most votes. His or her runners-up do not get seats.

Under the STV system, voters would list who they support in order of preference, which would help various candidates across the province get elected.

Supporters of STV say it could bring balance to the B.C. legislature by giving seats to non-mainstream parties and candidates. The Green party, for example, which won about 12 per cent of the popular vote in 2005 but has never had a candidate elected, is campaigning for STV.

Critics say the system is too complicated, lessens local representation and reduces the role of political parties.

METRO VANCOUVER

Close last time

- In 2005, 57.7 per cent of British Columbians voted in favour of STV, just 2.3 per cent short of the votes required for the system to be implemented.

News in brief

BRAINS A new UBC study finds that our brains are much more active when we daydream than previously thought. Brain areas associated with complex problem-solving — previously thought to go dormant when we daydream — are in fact highly active during these episodes.

OBAMA Barack Obama's chief campaign manager was in Vancouver yesterday to speak at the Convention Centre, CBC News Online reports. David Plouffe said a focus on Internet fundraising was a key strategy that propelled Obama into the White House.

METRO VANCOUVER

Election An appeal for text messages

ANDY CLARK/REUTERS

Premier Gordon Campbell holds up his mobile phone asking people to text friends to vote while campaigning in Vancouver, yesterday. The polls open today at 8 a.m. and close at 8 p.m.

Conservative leader happy with campaign

JEFF HODSON
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Regardless of tomorrow's vote, the leader of the B.C. Conservatives said his party has accomplished a lot by raising its profile, increasing membership and building for the next election.

The last MLA to represent the Conservative Party — then known as the B.C. Progressive Conservative Party — was Prince Rupert MLA Graham Lea in 1986.

"We're hoping we accomplish more by electing some MLAs," said leader Wilf Hanni, 61, in a phone interview from Cranbrook yesterday.

"If we could get enough elected to get official party status and hopefully enough to hold the balance of power in a minority government, that would be considered a major success."

Hanni said the Conservatives (the oldest party in B.C.) are "in the race" in a number of ridings, including his own, East Kootenay, where he is running against incumbent Liberal cabinet minister Bill Bennett.

At the least, Hanni could draw centre-right votes from Bennett, resulting in a win for New Democrat Troy Sebastian.

The defining issue for the Conservatives is their opposition to the Liberals' Recognition and Reconciliation Act to recognize Aboriginal title across the province.

"Win or lose in this election, we'll be continuing the fight against the Recognition and Reconciliation Act with a petition drive to force the government to hold a referendum on it," Hanni said.

Plans to grow

- B.C. Conservatives are running 24 candidates in today's election and plan to run a full 85-candidate slate next time.

Wide array of parties on ballot

KRISTEN THOMPSON
kristen.thompson@metronews.ca

FRINGE Three provincial parties — the NDP, Greens and Liberals — have dominated headlines leading to today's election, but with 12 other parties also on the ballots, voters needn't feel limited to choosing orange, green or blue.

The fringe parties often tout non-mainstream issues — like the Sex Party's argument that the environmental crisis is fuelled by sexual frustration — but others promote issues on the minds of many British Columbians.

- The Communist Party of B.C. is demanding an end to outsourcing jobs, expanded Employment Insurance with benefits at 90 per cent of former earnings, a shorter workweek and a moratorium on evictions.
- Your Political Party of B.C. calls for more government accountability and transparency by publicizing spending and making campaign promises legally binding.
- The Work Less Party aims to promote a better sense of community and mental health by reducing the workweek from five to four days.
- The Sex Party wants to repeal what it calls "sex-negative laws" and regulations, and legalizing and regulating the sex trade.
- The B.C. Marijuana Party, which is led by Marc Emery and flies under the banner "Overgrowing the Government," believes that marijuana prohibition is undemocratic and calls for its legalization.
- The Western Canada Concept Party of B.C. calls for an independent Western Canada, and an end to immigration to "preserve" B.C.'s Christian culture and European heritage.

Advance voting up nearly half from 2005

POLLS Nearly 50 per cent more people voted in advance of the provincial election this year than in the 2005 general election

Advance polling stations were set up across B.C. from Wednesday to Saturday.

Nearly 81,500 British Columbians voted in advance on Saturday, bringing the total number of advance voters to almost 298,000, according to Elections B.C. METRO VANCOUVER

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Port Moody
202 Newport Dr.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
30 - 16041 24th Ave.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

Aberdeen Mall (Kamloops)
Northills Centre (Kamloops)
C - 1815 Rogers Place (Kamloops)
Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

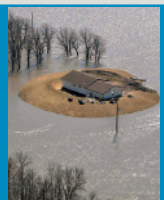
Whistler
7009 Nesters Rd.

Squamish
38116 2nd Ave.

Boston food banks get P.E.I. help

For the second year in a row, Prince Edward Island potato growers have donated 18,000 kilograms of potatoes to a major food bank in Boston. The donation was repeated despite the loss of a significant amount of the crop to wet weather in the spring. **CBC NEWS ONLINE**

Canada



Flood not as severe as in '97: StatsCan

Although it left more than 86,000 hectares of farmland under water, this year's Red River flood failed to match the severity of the devastating flood of 1997. This spring's flood, which reached its peak on April 24, spread over 1,680 square kilometres and covered 86,400 hectares of farmland, according to a Statistics Canada report based on satellite image data. CBC NEWS ONLINE

Politicians talk with protesters

Tamil rally hears from Grits, NDP

Sachin Aggarwal, deputy chief of staff to Liberal Leader Michael Ignatieff, was in Toronto visiting his mother on Mother's Day when news of the surprise Tamil protests began to emerge.

As a key player in the Liberals' outreach efforts, Aggarwal is no stranger to the demonstrators who have been raising the alarm for weeks in Toronto and Ottawa about the crisis in Sri Lanka.

Ignatieff and other Liberal MPs had met with members of the Tamil community during one of their demonstrations on Parliament Hill on April 21.

Hearing that thousands of angry protesters had taken to Toronto's streets, Aggarwal, Kunal Parmar and others on Ignatieff's staff closely monitored the situation as the day wore on.

When the protest leaders lost control of the crowd on Sunday night and demonstrators unexpectedly surged onto the Gardiner Expressway in that city, the situation turned explosive.

Aggarwal read out Ignatieff's public statement on April 21 to them via a representative at the protest. In it, the Liberal leader expressed concern about the deaths of thousands of civilians in Sri Lanka. The situation was diffused shortly after.

New Democrat Leader Jack Layton said he was also communicating by phone and email with protesters to bring the situation to a peaceful end.

In the Commons, International Co-operation Minister Bev Oda praised Layton for his efforts on Sunday night.

TORSTAR NEWS SERVICE

Meeting

- NDP Leader Jack Layton said he spoke with Prime Minister Stephen Harper yesterday morning, and Harper had agreed that a senior government representative would meet with Tamil leaders.

Edmonton **Together again**

CANDICE WARD/FOR METRO CANADA

Former Edmonton Eskimos cheerleaders Sandy Topechka, crouching, and Leroy Jordan show off some of their team spirit yesterday at Commonwealth Stadium. Ex-cheerleaders from the squad gathered for a reunion.

Two face murder rap after March stabbing

CHARGES Two men are charged with murder in the March 28 stabbing death of a 24-year-old man in Aldergrove.

Kyle Llewellyn Barber, 24, was discovered just before 11 p.m. by paramedics outside a home in the 24400 block of the Fraser Highway in Langley on March 28. He was suffering from stab wounds after an apparent altercation inside the house.

Albert Jacob Jackman, 22, an alleged associate of the Red Scorpion gang, is charged with first-degree murder in the death of Barber. A second man, Gregory Michael Barrett, 30, is charged with second-degree murder.

Jackman was also charged after a Red Scorpion associate was allegedly beaten inside a Langley house.

Another man, Wesley Edward Kelemen, 22, is also charged with assault in the beating.

METRO VANCOUVER

Canada to text Afghans

MILITARY Canada plans to boost its propaganda reach by tapping into mobile phones in Afghanistan to send text messages, run contests and drive listeners to its military-run, Pashto-language radio station.

It's a fairly crude, transparent tactic in the high-science of counterinsurgency, but the military sees it as a way to better connect with local Afghans living in a war-torn land where the cellphone is one of the fastest growing, and only reliable, means of communication.

The capability, to be set up this summer, will encourage Afghans to sign up for text-message alerts from defence officials and to enter military-run contests awarding prizes to locals, according to documents. **TORSTAR NEWS SERVICE**

More users

- The number of mobile phone users in Afghanistan has grown to about five million from none at the time of 9-11 attacks, according to various reports and estimates.

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Healthy Female Volunteers Needed for HPV Vaccine Study

If you are 16-26 years old, you may be eligible to join a study on Human Papillomavirus (HPV) vaccines. HPV can cause both genital warts and cervical cancer in women.

- The study is being done to determine if a new vaccine will be similar to the currently available vaccine in preventing HPV infection and the development of cervical cancer.
- All subjects will receive either the current vaccine presently approved in Canada for use in females age 9 to 26 years old or a new vaccine.

For more information please contact:
The HPV Recruitment Centre
604-875-2424 ext. 4878 or HPVStudy@cw.bc.ca

The study is being conducted by the UBC Department of Obstetrics and Gynaecology.
Approved by the UBC Clinical Research Ethics Board.

Montreal police probe bus shooting
Montreal police are investigating a bus shooting that left two people with minor injuries yesterday afternoon. Investigators believe a pellet gun was used. Two people suffered minor cuts to their hands and were treated on site, police said. **CBC NEW ONLINE**

Truck drives through window of Calgary restaurant

It brings a whole new meaning to "drive-thru" service, but a downtown Calgary restaurant manager was shocked to see a Canada Post truck plow through the window of his business yesterday morning.

Gord Grant said there were about a dozen patrons dining in the Fourth and 4th Restaurant & Pub around 10 a.m. when the truck careened through the window where six patrons were sitting.

"It was very lucky nobody was seriously hurt." Restaurant manager Gord Grant

"It was very lucky nobody was seriously hurt," Grant said, adding a man sitting closest to the window was sent to hospital with minor injuries. "I was actually surprised by how calm everybody was when it happened."

Calgary police Insp. Rob Williams said police weren't called to the scene and he doubted charges would be laid.

"It's a very unfortunate incident and Canada Post is extremely concerned anytime something like this happens," said spokesperson Sandra Sobko.

METRO CANADA

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Comment

No fear in the rear-view

NationalReport

"When I'm in Canada I feel this is what the world should be like" — Jane Fonda.

Well, thank you Jane. You are better remembered for other quotes, like a declaration on a certain war in Southeast Asia. But we'll give you top marks for this one. Should all the world be just like us? Why not? Youth, beauty and a clean conscience are a hard combination to beat. And that's just for starters.

We're not exactly young anymore. In the immediate galaxy, we're one of the older nations, actually. But for some reason, Canada still feels young, new even. Writer Rupert Brooke once spoke of our "unseizable virginity." He might have been on to something. It's like we're still starting out, heading off to college.

Beauty? Surely we don't have to haul out all those numbing clichés to reassure ourselves. In terms of drop-your-jaws landscape, how many countries would dare take us on? The endless expanse, the golden Prairies, the pristine lakes, the majestic mountains (OK, I'll stop there).

Many nations have scarred histories. They hurt from past embarrassments. Their people hesitate to look in the rear-view mirror. Not

SunnySide

Canada. Some sullied moments to be sure, but a reasonably proud past, nothing, as we move forward, that weighs heavily on the spirit.

If you thought of this country in terms of it being a person, everyone would be envious of Mr. and Mrs. Canada — their vibrant health, smashing looks, riches, vitality, friends, gorgeous home. They would say that nobody should be that lucky. They would be so jealous as to hope Mr. and Mrs. Canada had some dark, offsetting character flaw. But they'd find out that they were fair-minded, civil, anchored in common sense, victims not of ideological prejudice or religious zealotry or trigger-happy temperament.

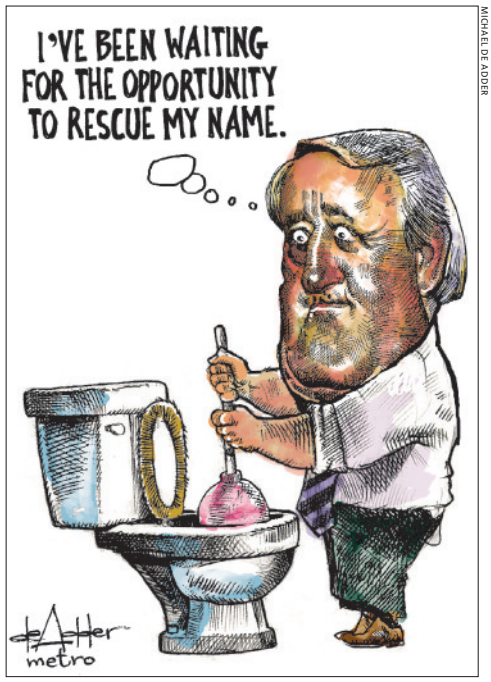
They would see how they overcame differences and welcomed others of different languages, colours, creeds into their home and they would say, "Uck, it's too much. They must have bribed the Creator."

"We Canadians," said Pierre Trudeau, "are standing on the mountaintop of human wealth, freedom and privilege."

True enough. While there is always much to lament, the big perspective must be kept in mind. In the lottery of nations, we pulled the winning ticket.

F. Scott Fitzgerald said life is something that can be dominated if you're any good. By that standard, ours is a country that cannot help but prevail.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

NHL to Hamilton makes more sense than others

InBusiness

Of course Gary Bettman is negative on the idea of an NHL franchise in Hamilton. The commissioner has staked his reputation on an ill-considered expansion into U.S. markets where hockey has trouble competing with high school football.

Like George W. Bush's invasion of Iraq, Bettman's obsession has nothing to do with reality. Others casually dismiss Hamilton for business reasons, arguing the city's weak economy and lack of corporate power — the kind that coughs up buckets o' cash for seasons' tickets, private boxes and flagrantly overpriced food and drink — wouldn't profitably sustain a team. Even Ron Joyce, the co-founder of Tim Hortons Inc., whose corporate headquarters are in nearby Oakville and a man who ought to know better, thinks a Hamilton franchise has but a 10 per cent chance of success.

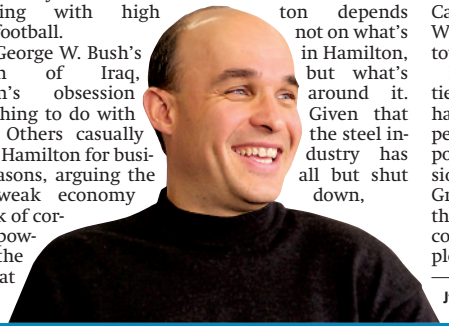
Joyce has obviously had one Timbit too many. The business case behind Jim Balsillie's drive to move an NHL team to Hamilton depends not on what's in Hamilton, but what's around it. Given that the steel industry has all but shut down, Hamilton proper is enduring a serious recession. But remember that Balsillie's Waterloo-based Research In Motion corporate headquarters is exactly one hour away from Hamilton's Copps Coliseum, the putative home of his new team. If that's the effective radius of Hamilton's area, the team can count on support from any or, more likely, all of the following areas: Burlington, Oakville, Cambridge, Kitchener, Guelph, Waterloo, Milton, Brampton, Mississauga, St. Catharines, and even Wayne Gretzky's hometown, Brantford.

In all, these communities and surrounding areas have more than 2.2 million people, a substantial proportion of whom are passionate hockey fans. Greater Phoenix, home of the Coyotes that Balsillie covets, has 3.8 million people, most of whom think high sticking has something to do with flypaper.

But as wise heads point out, pro hockey franchises need big companies with money to spend. Not counting Mississauga, the communities around Hamilton boast 16 Financial Post Top 500 head offices, including two of the most viable remnants of Canada's auto industry in the form of Ford and Toyota. If you add in Mississauga, you have another 26 or so Top 500 head offices to draw on.

To be sure, there are financial questions about a Hamilton NHL team, such as how much it would take to expand Copps Coliseum and buy off the big losers in the relocation — Toronto's Maple Leafs and Buffalo's Sabres. Overall viability, however, isn't one of them.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



Jim Balsillie

Letters

SunnySide

Finding something that you are passionate about is key

Re: Sunnyside launch a blessing

The media is finally seeing how valuable it can be in a time like this.

To add, I actually quit my job last fall to see how else I could challenge myself.

In the end, it's not that I found a "better" job, so to speak, even if it is better, I found something that sparks my interest.

Day after day, week after week. I found something I can be passionate about and that I want to do.

There are far too many people working at half-speed, hating their jobs and not changing out of fear.

If we could all get over ourselves, be honest to ourselves and work hard towards what we want, we might be one step closer out of this recession.

Don't expect to accomplish your dreams/passions easily — hard work is essential, and perhaps some people aren't ready to take that on yet.

SEANNA MAGEE, TORONTO

SunnySide

Reader gives unemployment tips from own experience

Re: Sunnyside ideas

I want to pass along information for the recently unemployed.

What a great way to start thinking about reinventing yourself, re-evaluating and restarting your passions.

The self-employment program sponsored by Employment Insurance will actually support individuals while they figure out what it is that makes them want to get up in the morning and add spark to their days.

This program is for anyone with an idea and passion to start up their own business.

This is a great opportunity for individuals who are not happy with their work or where their lives are heading.

I took this program years ago and am now a successful artist.

My art supports me and my family, pays all the bills, and allows me to take vacations.

LESA ARNYOKTUK, ETOBICOKE, ONT.

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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U.S. to replace Afghan commander

The Pentagon will replace the top U.S. and NATO commander in Afghanistan, U.S. Gen. David McKiernan, right, less than a year after he took over the war effort there, CNN reported yesterday. The Pentagon plans to name Lt.-Gen. Stanley McChrystal. REUTERS

World

Nicotine kick in mushrooms

Wild mushrooms consumed in Europe contain too much nicotine and may raise blood pressure and heart rate, Europe's major food risk assessment agency said yesterday. High nicotine concentrations were found in wild mushrooms – mainly porcini mushrooms, but also truffles and chanterelles. It was unclear what caused it: it could be pesticide use or accidental contamination. REUTERS

UN had warned of 'bloodbath'

The United Nations yesterday said attacks in Sri Lanka that killed hundreds were the bloodbath it had long feared, while the Tamil Tigers and government traded blame ahead of UN Security Council talks about the war.

In the latest and largest reported assault on civilians trapped in the war zone, hundreds of people were reported killed Sunday and yesterday in artillery barrages that struck the less than five-square-kilometre strip of territory the separatist rebels control.

"We've been consistently warning against a bloodbath, and the large-scale killing of civilians including more than 100 children this weekend appears to show that the bloodbath has become a reality," UN spokesman Gordon Weiss said.

The United Nations warned in an internal briefing document in March that civilians could be killed either by the Liberation Tigers of Tamil Eelam (LTTE) trying to manufacture a slaughter to blame the government, or in an indiscriminate military advance.

A doctor in the war zone, paid by the government but whose personal safety is at the whim of the Tigers, said at least 433 bodies had been brought to a makeshift hospital, and 1,347 people had been wounded in two days of shelling. REUTERS

Lift off **Hubble mission**

LARRY RUBENSTEIN/REUTERS

Space shuttle Atlantis lifts off from Cape Canaveral yesterday on a mission to repair NASA's Hubble Telescope.

News in brief

PAKISTAN Suspected U.S. drone aircraft fired missiles in a Pakistani region on the Afghan border this morning, killing at least eight people, military and intelligence officials said. The attack took place in a mountainous region of South Waziristan, a known al-Qaida and Taliban hotbed, the officials said. The target of the attack was not immediately known.

HONG KONG A legal battle over the estate of Hong Kong billionaire Nina Wang began yesterday, pitting her former lover and feng shui master against her family, who both lay claim to the vast fortune. Wang, who died in 2007, was one of Asia's wealthiest women whose business empire has been estimated to be worth at least $4.2 billion US. REUTERS

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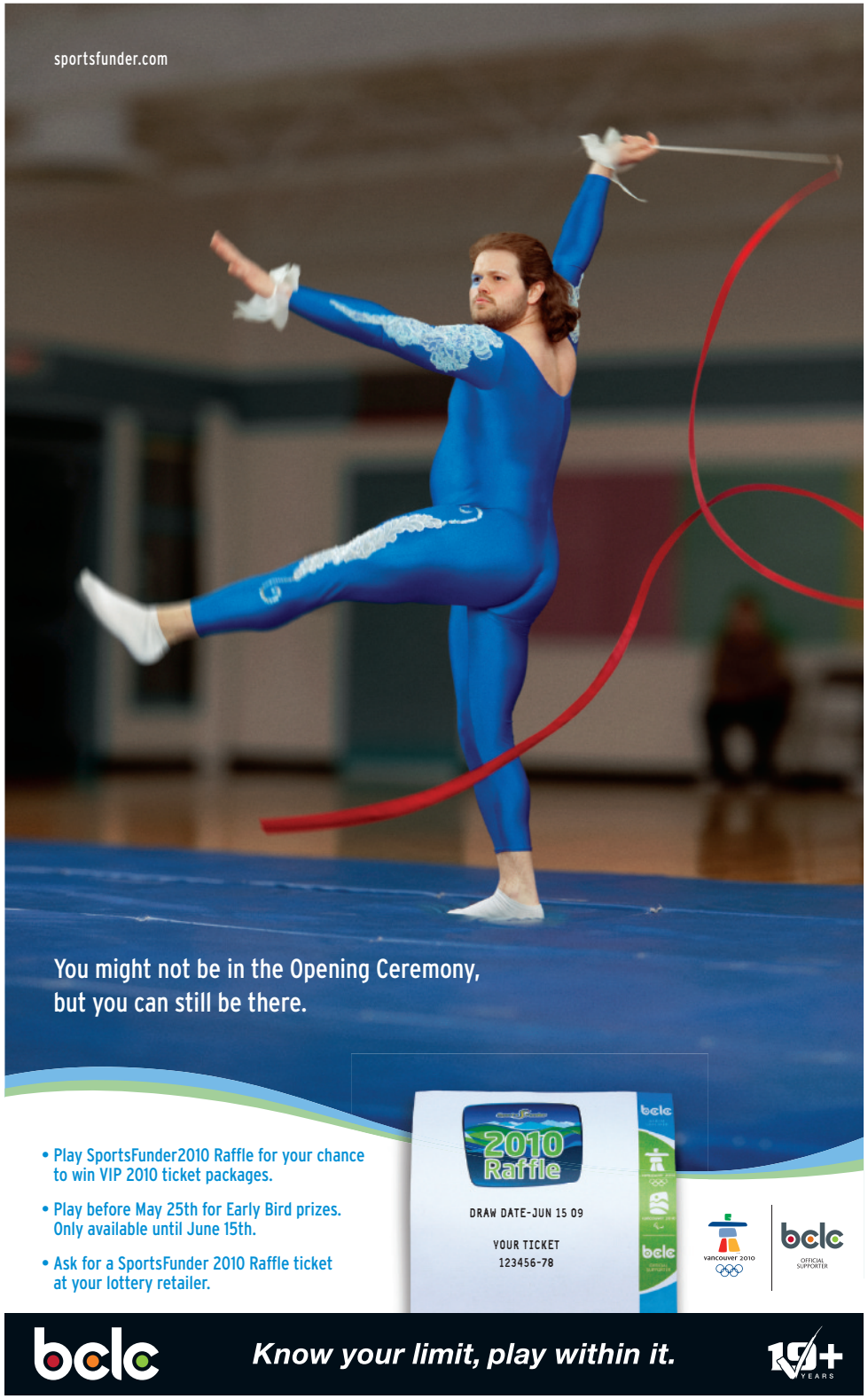
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KFC amends free chicken deal after Oprah promotion
The Oprah Winfrey-fuelled free chicken give-away that caused pandemonium this week at U.S. Kentucky Fried Chicken restaurants has been amended due to what the fast-food chain called an "overwhelming response." REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Health care or groceries?

U.S. women face choice as costs rise, say researchers

Most working-age women in the United States have too little health coverage, and often forgo needed care because of cost, U.S. researchers said yesterday.

"More families are making difficult choices between needed health care, making payments on mortgages or credit card debt, and purchasing basic necessities," said Karen Davis, president of the Commonwealth Fund, a private health policy group that conducted the research.

The Commonwealth Fund team said rising health costs hit women harder because they have lower average incomes and spend more on health care than men, and because they use the health system more often than men.

It found that 70 per cent, or 63.8 million, working-age women are uninsured, underinsured, have medical bill problems or medical debt, or did not access needed care because of cost. That compared with 59 per cent, or 51.9 million, working-age men.

The team also found that 52 per cent of women were more likely to leave a prescription unfilled, skip a recommended medical test or treatment, or fail to seek needed medical care. That compared with just 39 per cent of men. REUTERS

Bigger picture

- Because the study is based on a 2007 survey, the researchers said it likely underestimates the problem because it does not account for the full impact of the current economic recession and job cuts.

Australia Measures for families

MICK TSIKAS/REUTERS

A woman bathes her baby at her house in suburban Melbourne yesterday. Australian media are reporting on likely measures to be announced in today's national budget. Stay-at-home mothers will continue to receive a baby bonus, but recipients of a parental leave initiative will not be eligible to receive the baby bonus or family tax benefit as well.

Nortel Q1 loss deepens as revenue falls 37%

TELECOM Nortel Networks Corp. said yesterday its quarterly loss widened as the global recession contributed to a steep drop in revenue.

The company lost $507 million US in the three months ended March 31. That compares with a loss of $138 million a year earlier. Revenue fell 37 per cent to $1.73 billion with declines in all segments and regions, the company said. REUTERS

Business in brief

AUTO General Motors Corp. said yesterday it was interested in retaining a minority stake in its restructured European operations and plans to have a framework for a deal to sell the division by the end of the month. REUTERS

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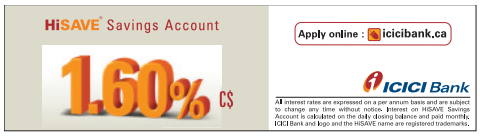
Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



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Travel insurance means you can enjoy your trip, stress-free.

Travel insurance is top of mind these days. Whether it's your vacation, your health or your luggage, having insurance, and more importantly having the right type, is as essential as packing your passport.

Finding out what type of coverage you already have is the first step. Research the details of your homeowner's insurance and your existing health-care policy. Then contact your credit card company to find out if they offer insurance perks for situations such as lost or delayed baggage, trip cancellation or accidental death. From here, consider which of the following options are best for you.

Trip Cancellation and Interruption Insurance

This coverage is designed to help you get money back when you need to cancel your trip or if your tour company goes under. Just to be clear though, this type of insurance will likely only cover cancellations in the case of unforeseen events such as illness, a missed flight, a natural disaster or the travel provider filing bankruptcy.

Base the need of this insurance on the cost of your ticket or trip. If you are flying from Vancouver to Calgary, you can likely forego it. If you are taking an expensive, trip of a lifetime Safari, then buy insurance. And look for a policy that will cover you returning home early if there is a problem once you reach your destination.

Baggage Insurance

Although airlines are liable for lost or damaged luggage, what they offer you will likely not cover what is lost. The limit for lost, delayed, or damaged baggage is $3,000 per passenger on a domestic flight and about $450 per bag for an international flight. If you do want extra insurance, travel experts suggest asking the counter agent for "excess valuation." This provides you with up to $5,000 additional coverage, at a rate of about $1 per $100 in value. Excess valuation is not advertised; you'll have to ask about it.

"Also buy a policy that covers 'medical evacuation and repatriation' insurance. In other words, you will be treated, stabilized and then flown back to your own country."

Health-care Insurance

Many people make the very big mistake of assuming that, while travelling, their medical needs will be covered by their existing health-care insurance. If you are travelling outside of your own country, check your policy. If you are not covered, be sure to purchase medical insurance. Also buy a policy that covers "medical evacuation and repatriation" insurance. In other words, if you are sick or injured while in another country, you will be treated, stabilized and then flown back to your own country.

A Final Note

Be sure to buy all of your insurance through third-party insurers rather than travel agents or cruise lines. The reason is simple — if your travel company goes bankrupt, they won't have the money to pay out the insurance.

Knowing you've covered your bases will make you a more confident traveller. Bon Voyage!

For more money saving tips, pick up a copy of our book, Smart Cookies Guide to Making More Dough. If you have any questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Tampa retains Tocchet

The Tampa Bay Lightning elevated Rick Tocchet to head coach on a full-time basis yesterday by agreeing on a multi-year contract. Tocchet, who had been hired as an assistant last offseason, took over in Tampa on an interim basis just 16 games into the 2008-09 season after the abrupt firing of Barry Melrose. METRO NEWS SERVICES

Sports

Bolting back to the track

Olympic triple gold medallist Usain Bolt, left, says he is ready to return to the track after an April 29 car crash in his native Jamaica. The 22-year-old started training last week and plans to compete in a 150-metre street race in Manchester, England, this Sunday. Bolt won the 100 metres, 200 and 4x100 relay at the Beijing Games last summer, all in world record times. METRO NEWS SERVICES

Caps force Game 7

Stanley Cup
2009 **Playoffs**

David Steckel scored six minutes into overtime as the Washington Capitals defeated the Pittsburgh Penguins 5-4 last night to force a deciding game seven in their NHL Eastern Conference playoff series.

Viktor Kozlov had two goals and Alexander Ovechkin three assists for the Capitals, who host the decider for the best-of-seven series decider tomorrow.

Nova Scotia's Sidney Crosby sent the game into overtime with his 10th goal of the postseason, a backhander with 4:18 remaining in regulation.

The Penguins' Bill Guerin had the only goal of the first period off an assist by Crosby.

The teams were level at 2-2 after the second when Kozlov and Tomas Fleischmann scored for Washington and Mark Eaton added a power-play goal for Pittsburgh.

A busy third period saw two goals by each team.

Kris Letang scored on a power play for the Penguins before Alexander Semin and Kozlov tallied for the Capitals. Crosby closed out the regulation scoring. METRO NEWS SERVICES

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FRANK POLICH/REUTERS

Vancouver Canucks players react after their 7-5 loss to the Chicago Blackhawks in Game 6 of their NHL Western conference semifinal hockey playoff in Chicago last night.

End of the road

STANLEY CUP
2009 **Playoffs**

(Blackhawks win series 4-2)

Canucks 5 **Blackhawks** 7

VS

SCOTT RINTOUL
for Metro Vancouver

THE SKINNY: Patrick Kane notched his first career hat trick as the Blackhawks erased three different Canucks leads en route to the victory. Vancouver led 5-4 with less than eight minutes to play only to see Chicago score three times in just over three minutes. Jonathan Toews tallied twice and added an assist in the victory while Daniel Sedin scored his only two goals of the series in the loss.

THE THIRD: Vancouver twice held one-goal leads in the final frame but was once again bested by Chicago in the late going. The Hawks outscored the Canucks 13-5 in the third periods of this series.

THE SHOCK: Normally at his best when the spotlight is brightest, Roberto Luongo had the worst outing of his playoff career. Luongo allowed seven goals on just 30 shots, six of them in the final 37 minutes.

THE POWER PLAYERS: Chicago was superb with the man advantage in the series clincher, scoring three goals on four opportunities.

THE RATING: Easily the best game of the series. Back and forth all night long with physical play to boot. 5 out of 5 stars.

THE NEXT GAME: Sometime in early October.

Raptors ink Triano for three years

BASKETBALL The Toronto Raptors removed Jay Triano's interim tag and signed their new head coach to a three-year contract yesterday.

Triano, the first Canadian to coach in the NBA, was handed the reins when Sam Mitchell was dismissed on December 3, 2008. Triano had served as an assistant to Mitchell and was in his seventh season as a member of the Raptors' coaching staff. He is the seventh head coach in franchise history.

Financial terms of the contract were not disclosed.

"Despite some difficult circumstances this past season, Jay Triano never stopped coaching, teaching and leading this team, which resulted in a very strong finish," said Raptors president and general manager Bryan Colangelo. "After undertaking a thorough evaluation process, it is clear that Jay is the right coach to guide this team in the future."

Toronto ended this past season on a high note, going 9-4 in its final 13 outings. The Raptors were 12-15 after the All-Star break with Triano compiling a 25-40 record overall.

METRO NEWS SERVICES

Jay Triano

Cavaliers sweep Hawks

NBA
2009 **Playoffs**

LeBron James poured in 27 points and the Cavaliers continued their impressive march in the playoffs, beating Atlanta 84-74 to complete a sweep of the Hawks in the Eastern Conference semifinals.

James also had eight rebounds and eight assists, while Delonte West played a big role by scoring nine of his 21 points in the fourth quarter for the top- seeded Cavaliers, who are in the conference finals for the second time in three seasons. They beat Detroit in six games in 2007 before being swept by San Antonio in the NBA Finals.

Cleveland will face the winner of the Celtics-Magic series. That best-of-seven set is even with Game 5 scheduled for tonight in Boston.

"We're going to take advantage of the rest time we have," said James. "It's wear and tear because it's the postseason. We're looking forward to our next challenge."

Mo Williams finished with 12 points, all on shots from beyond the arc, including a dagger in the final minute for the Cavs, who expanded their franchise-record for consecutive wins in the post-season.

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CFL rule changes brought on by fans

The Canadian Football League yesterday adopted several rule changes as suggested by fans.

The biggest rule change is moving kickoffs back 10 yards to the 25-yard line following a safety.

Three other rule changes are: Giving coaches the green light to use so-called "wildcat" formations that would move the quarterback around, instead of requiring him to stand behind or under centre; requiring a team that kicks a successful field goal to then kick off to opponents instead of giving the receiving team the option of taking the ball at the 35-yard line; and awarding a team a third instant replay challenge if the first two are successful.

"Our board of governors values our fans from coast to coast, and was very supportive of including them."
Mark Cohon

"It's exciting to know that some of our fans will see their ideas in action when our season kicks off on Canada Day, July 1," said CFL commissioner Mark Cohon.

"Our board of governors values our fans from coast to coast, and was very supportive of including them in our process. That support was evident in their vote today."

METRO NEWS SERVICES

Sports in brief

ARGOS The Toronto Argonauts have made some moves they hope will bolster their offence, signing QB Stephen Reaves and former Pro Bowl WR/KR Jerome Mathis. Reaves, 24, played two seasons with the Southern Mississippi Golden Eagles after transferring from Michigan State, while Mathis has NFL experience with both the Washington Redskins and the Houston Texans.

FLU An under-23 soccer tournament scheduled to take place in Malaysia next month has been scrapped due to the global outbreak of swine flu. The Intercontinental Cup tournament was cancelled by the Malaysian Football Association (FAM) over fears for players' safety.

METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Allergy season is here

BRIAN COULTON
for Metro Canada

With spring in full swing, the sun marks the start of patio season for some but allergy season for many others.

Between 20 and 30 per cent of Canadians have a genetic predisposition to developing an allergic disease, according to Dr. Peter Vadas, director of the Allergy and Clinical Immunology division at St. Michael's Hospital in Toronto.

"For those who grow up in a certain part of the world — if they've grown up in southern Ontario, for example — they'll typically start to develop their allergies in late childhood into early teen years," said Vadas, "They typically intensify over their teenage years, into the young adult years, and then stabilize."

Tree pollens in early spring, grass pollens in late spring and outdoor molds on damp, humid days are the most common kinds of spring-specific allergies, said Vadas. But he contends running noses and watery eyes shouldn't stop allergy sufferers from enjoying spring weather.

"We all want to be outdoors in the nice weather," said Vadas, "If people keep their doors and windows closed during the pollen season and run the fan on the air conditioner — not necessarily the compressor if it's cooler — then that will help to clean the air as it's being pulled indoors."

"(Allergies) intensify over the teenage years, into the young adult years, and then stabilize."
Dr. Peter Vadas

If such pollen prevention doesn't work, Vadas recommends over-the-counter antihistamines bearing a "non-drowsy" label to treat allergies. While more expensive, he said they have fewer side effects than "drowsy" ones.

"If a person's symptoms don't respond well to antihistamines, then they can consult a physician and try prescription eye drops and nose sprays, which also work very well."

But chemical drugs only cover up problems rather than solve them, according to registered holistic allergist Eloise O'Ball of Vancouver's Pacific Allergy & Wellness. She said natural methods like needle-less biofeedback testing that uses a machine to open the body's "meridians" to clear allergen blockages alternatively gets to the root of problems by responding to the body's "innate wisdom."

"I see many people and they're breathing easier, eating the foods that used to bother them and their rashes clear up," she said,

But if you can't consult a holistic practice, O'Ball said consuming less caffeine products like coffee, tea and chocolate can help prevent spring allergies.

"Caffeine stimulates histamine in the body and histamine is what gives the swelling of the allergic reaction. By decreasing your caffeine level, you will decrease one of the areas of the allergic response."

ISTOCK PHOTO

Between 20 and 30 per cent of Canadians have a genetic predisposition to developing an allergic disease.

Doc looks at the art of seduction

The J Spot
Josey Vogels
metronews.ca/thejspot

It must have been so much easier when a guy could just grab the gal he wanted and drag her by the hair to his cave.

OK, so that whole dragging a woman by her hair business is a myth, supposedly created by authors of prehistoric fiction in the 19th century. But there's a reason it caught on, no doubt, in part, because seducing women is about as easy for most guys as knowing what she really means when she says "I'm fine."

How else do you explain the rise of "the seduction community," men who gather in "lairs" to learn how to use social psychology, hypnosis and mind-control techniques to pick up women, a phenomenon explored in The Seducers, airing tonight on Vision TV.

The documentary by Albert Nerenberg and Shannon Brown (creators of the award-winning documentary Stupidity) is a disturbing look at how this movement preys on AFCs or Average Frustrated Chumps, a term coined by Ross Jeffries, one of a handful of famous pick-up artists who teach what has come to be known as "The Game."

Using psychological tricks to trigger subconscious desire, embedded commands to steer a woman's mind into thinking erotic thoughts, "weasel" words with a double entendre, such as saying something like: "I'd like to take this conversation in a 'new direction.'"

Repeat that last bit in your head slurring the last two words together. Get it?

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Office star gets a promotion
NBC has given Mindy Kaling (a.k.a. The Office's Kelly Kapoor) her own show. Kaling has signed a two-year, seven-figure deal to continue writing, producing and starring in The Office, while she'll also develop a new show for the network, in which she will probably star. TVGUIDE.COM

Entertainment

Strange case
Keanu Reeves is to take on the lead role in new movie Jekyll. The Speed actor will star in the big-screen adaptation of the classic book The Strange Case of Dr. Jekyll and Mr. Hyde. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Punk rock's big Breakdown

Green Day's latest album more direct and angry than American Idiot

BRYAN BORZYKOWSKI
for Metro Canada

Green Day was never supposed to be one of the biggest bands in the world. The trio's apathetic songs about suburban life — smoking weed, boredom, self-loathing — backed by simple chord progressions that any middling guitar player could have created, were never good enough to see the outside of a garage.

But, the band's songs were unbelievably infectious and, if the '90s proved anything, it's that there was a market in talentless rockers playing for apathetic, pot-smoking suburban teens. So, in hindsight, it's really no surprise that three punk-loving losers from California became the biggest mid-'90s band, selling 15 million copies of their third album, Dookie.

There's no way Green Day should still be one of the biggest bands in the world, though, and, if you said in 1994 that not only would they be selling out arenas in 2009, but that they'd be doing it singing deadly serious, politically charged songs about war and urban decay, you'd be laughed right out of the room.

WARNER MUSIC PHOTO

21st Century Breakdown, the followup to American Idiot, is steeped in rich, layered punk sounds.

The band should have broken up in 2000, before they released Warning. By that time the group was selling a couple of million albums per disc — not bad, but no where near Dookie's figures — and Britney Spears was about to peak.

It would have been the perfect time for Billie Joe Armstrong, Mike Dirnt and Tré Cool, to throw in the towel. Their musical legacy wouldn't have loomed as large as Nirvana's, but plenty of people had some laughs, and a few sore throats, thanks to the trio's lyrics and incredibly catchy pop-punk melodies.

But, then something happened. America went to war and millions of U.S. citizens, including Green Day, began wondering how their country lost its way.

The band was inspired. So much so that its members wrote an ambitious Who-like rock opera, American Idiot, about the evils of war, rednecks and former U.S. president George W. Bush's politics. Shockingly, it sold 12 million records worldwide and put Green Day in the same class of socially conscious musicians like The Clash and Bruce Springsteen .

The latest disc, 21st Century Breakdown, is another epic effort, this time with 18 songs split into three acts. The threesome is still full of thought-provoking messages and the disc, which is steeped in rich, layered punk sounds, is even more direct and angry than American Idiot.

While the group has clearly reinvented itself, the band members are not doing anything they haven't done before. Dookie tapped into what teenagers in the '90s were feeling, while 21st Century Breakdown tackles what those same people, now in their 20s and 30s, feel now. Who knows what the future has in store for Green Day, but one thing's for sure, don't be shocked if they're still topping charts in another 10 years.

The breakdown

- Green Day's new album, 21st Century Breakdown, is available this Friday.

Star Trek a rare hit among TV adaptations

MOVIES Forget all those bad "boldly going" puns.

The real headline in the Star Trek take of nearly $77 million US at the North American box office this weekend is this not insignificant fact: A television property has again been successfully revived on the big screen.

It may at first not seem like such a surprise given how much coin these built-in brands seem to rake in, but it's been a while. Outside of Charlie's Angels and Mission: Impossible, big-screen revivals of classic shows could pretty much be counted on to generate all the excitement of a TV Land marathon. REUTERS

Kenya's**Style**

Kenya Hunt
Read Kenya's blog at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

Vatican rebuilt for Angels & Demons

RICHARD CROUSE
for Metro Canada

While sitting atop the Castel Saint Angelo in Rome waiting to interview Angels & Demons star Ewan McGregor, I had a panoramic view of the city and the beautiful chaos that makes life in the Eternal City tick.

The traffic is crazy and there are people everywhere. It's an intense place, even more so, I imagined, if you were shooting a big budget Hollywood picture that takes place in some of the city's busiest spots.

"The funny thing is I didn't shoot any of it in Rome," McGregor said when asked. "I shot in this place called Caserta. There's a palace in Ceserta that I thought it sounded really romantic, so I arranged for my wife to come over and spend a weekend with me, but it's a dump, a horrible place. I'm sorry but it's just a suburb of Naples that's exploded around this old palace. It's really nasty. Not a good place.

Ewan McGregor plays Camerlengo Patrick McKenna, a priest who acts as the pope's right hand man in Angels & Demons.

"Apart from that I did most of my stuff in L.A. because my character is mainly inside the Vatican and of course, the Vatican didn't want us to shoot inside their buildings so they built the Sistine Chapel on the Sony soundstages in L.A. They also built the exterior of St. Peter's Square, this huge, huge set, in the parking lot of Hollywood Park Racetrack in south L.A. That was cool. I saw it from an airplane. I was landing at LAX and I looked down and thought, 'God, that's a big set… look at that.' Then I realized it was ours."

Despite never having stepped foot in an actual church during the shoot, McGregor convincingly pulls off the roll of Camerlengo Patrick McKenna, a priest who acts as the pope's right hand man in the film adaptation of Dan Brown's novel.

"We had a priest from New Jersey who came over and was our religious advisor for any of the technical things," he said, "the ceremonies and the ritual stuff. But he also gave us a kind of idea of what would be going on behind the scenes during those ceremonies and humanized it for us.

"It looks so precise from the congregation's point of view but in actual fact behind the table there is a guy with matches trying to light the incense. He put that into it for me which was great."

Movie feature

Coming to theatres

- Angels & Demons opens Canada-wide on Friday.

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Leo, Kate help Titanic survivor
Leonardo DiCaprio, Kate Winslet and director James Cameron have donated $30,000 to help the last survivor of the Titanic disaster. FEMALEFIRST.CO.UK

The truth about Tim

Lie To Me star Roth warming up to television role

RAFAEL BRUSILOW
for Metro Canada

Despite a successful film career and a hit television show taking off, British actor Tim Roth fears unemployment more than ever.

The veteran actor spoke to Metro about joining the TV world with his new show Lie to Me and admitted even with an entire first season almost wrapped up, it's hard to break away from actors' paranoia.

"That fear of unemployment, I think it's part of the makeup of British actors so it hasn't gone away at all for me. I'm always thinking about it," Roth said.

Roth, who turns 48 this month, has made a career out of playing wounded, dark characters on both sides of the moral line, whether in his Academy Award nominated performance as the cruel villain in the historical drama Rob Roy or embodying both revulsion and sympathy as the memorable Mr. Orange in the gangster flick Reservoir Dogs.

Now Roth has taken on the leading role in a brand new crime drama based on the true-life research of celebrated psychologist Paul Ekman, an expert in human body language noted for his prowess at detecting when a person is lying. Roth plays the fictional Dr. Cal Lightman as an expert who uses his uncanny skills at detecting lying to assist police in solving cases.

In real life, Roth says he's no expert on lying but admits lies, especially the little ones we all tell to avoid confrontation or hurting someone's feelings, are sometimes a necessary part of life.

"The thing about lying is that you do it for all kinds of reasons — the idea of telling the truth all the time is quite exhausting. If people are deceiving you, it's often with the best of intentions," he said.

Oscar-nominated British actor Tim Roth plays a psychologist in the TV series Lie To Me.

When it comes to doing television, Roth relishes both the chance to tell a new story every week and the hectic speed at which TV productions move.

"When you're working on a movie, you're working on one story. The goal is broader on TV and you're working on a much faster pace, which I enjoy," Roth said.

Whereas movie productions can offer plenty of time to polish a scene, Roth says television's breakneck pace forces the actor to trust his or her instincts more.

"You don't have much time to rehearse! I have a huge amount of respect for television actors now," Roth said.

Lie to Me has already attracted comparisons to Fox's other cynical-genius-does-good drama, House, and viewership has been steady since the show premiered in January, suggesting Roth's perpetual job-fears might be misplaced once and for all.

Season finale

- Lie to Me airs Wednesday nights on Global and Fox — catch the season finale tomorrow night.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/12/09	251	308	3 CBC	22 Minutes	Laughs	Rick Mercer	Comedy Fest.	Montreal Canadiens		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	The Biggest Loser (Season Finale) (Same-day Tape) (CC)						News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Election: Battleground		BC Election 2009 (Live) (CC)						News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	BC Provincial Election Debate (CC)						News (N)
	256	389	12 VI	Reaper (N) (CC)		American Idol (Live) (CC)		(:04) Fringe (Season Finale) (N)		Dancing With the Stars (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		According-Jim	According-Jim	Rita Rocks	Friends (CC)	Curb-Enthsm	Friends (CC)	The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Reaper (N) (CC)		90210 "Zero Tolerance" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Semper Fidelis" (N)		The Mentalist (N) (CC)		(:01) Without a Trace "True"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (Season Finale) (Same-day Tape) (CC)						News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Remedy Me	Keep Real	Style by Jury	Style by Jury	Miss Naked Beauty (N)		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Dancing With the Stars (CC)		(:02) Cupid "Left of the Dial"		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	Seinfeld	The Karate Kid III ★★ (1989, Action) Ralph Macchio, Noriyuki "Pat" Morita.					Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova "Space Shuttle Disaster"		Frontline "The Madoff Affair"		Independent Lens (N) (CC)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		(:04) Fringe (Season Finale) (N)		News (N) (CC)		Family Guy
	-	364	48 PBS	Frontline "The Madoff Affair"		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Space Shuttle Disaster"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Reaper (N) (CC)		90210 "Zero Tolerance" (N)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	29 NW	CBC News: The National (N)		BC Votes New provincial government. (Live)				CBC News: The National		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet Connected (Live)		Hockey	Canucks TV	Red Bull: Air Race		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey: Western Conference Semifinal Game 6 -- Red Wings at Ducks					SportsCentre	2008 World Series of Poker		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures "Canada" (CC)		Mantracker Al and Garfield.		Bounty Hunter	Bounty Hunter	Departures
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	My All Star	My All Star	Pimp My Ride	Pass Time	Countdown to All-Star		My All Star	My All Star	My All Star
	416	409	144 GLF	Fútbol Alemán		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (CC) (DVS)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	3 KNO	Gardens	Recreat. Eden	The Aga Khan		Private Life of a Masterpiece		Urban Goddess: Jane Jacobs		Embracing
	575	583	20 CMT	Hope & Faith	Hope & Faith	Brooks & Dunn: One on One		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi: TNG	Degrassi: TNG	One Tree Hill (CC)		CollegeHmr	Video on Trial	MuchVibe		Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Design Inc.	HGTV's Top	Dirty Business	House
	615	520	31 A&E	The First 48 Airline executive.		Manhunters	Manhunters	The First 48 "Memphis"		The First 48 (CC)		The First 48
	628	584	32 SPKE	Deadliest Warrior (N)		The Ultimate Fighter		CSI: NY "Heart of Glass"		Spike's Most Amazing Videos		Disorderly
	521	560	34 TLC	Oldest Conjoined Twins		World's Smartest People		18 Kids-Count	18 Kids-Count	Oldest Conjoined Twins		Kids by Dozen
	616	522	39 SHO	The Outer Limits "The Heist"		Mutant X "Presumed Guilty"		The Last Templar ★ (2009) (Part 1 of 2) Mira Sorvino. (CC)				House (CC)
	620	523	40 BVO	Diana Krall: Union Station		Law & Order "Cry Wolf"		Without a Trace "Suspect"		Deconstructing Harry ★★★ (1997) (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	One Way Out	Deadliest Catch (CC)		How It's Made
	522	506	44 HIS	NCIS "Ex-File" (CC)		Sandhogs "The Roadheader"		Crime Stories (CC)		NCIS "Ex-File" (CC)		Marine Mach.
	627	528	45 SPC	Extreme Ghost Stories (CC)		Stargate SG-1 Robots. (CC)		Star Trek: Next Gener.		Star Trek: Voyager "The Gift"		Star Trek: Ent.
	294	650	47 TBS	The Office	My Boys (N)	The Office	Seinfeld	Sex and-City	Sex and-City	Friends (CC)	National Security ★★ (2003)	
	619	525	48 TROP	Vanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Roast of William Shatner		Daily Show
	320	621	60 CEN	In the Valley of Elah ★★★ (2007) Tommy Lee Jones. (CC)				(:05) Mongol ★★★ (2007) Tadanobu Asano. (Subtitled)				Zohan
	581	566	101 MTV	College Life	Beatdown	MTV Live	After	Fantasy Fact.	Nitro Circus	College Life	Beatdown	MTV Live
	261	394	102 V	I Prophesy	Supernatural	Poltergeist: The Legacy		August ★★ (1996, Drama) Anthony Hopkins, Kate Burton.				Paid Program
	-	-	186 MUL	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Torchwood
Lay in some tissues for this one. Owen (Burn Gorman), resurrected from the dead but not really alive, meets a suicidal woman on the roof of an apartment building. In flashbacks, he tells her of helping the team investigate some odd energy spikes coming from a home and retrieving an alien device called the Pulse, which is about to explode. Or is it? John Barrowman and Naoko Mori also star in "A Day in the Death." 6 PM on SPC

The Biggest Loser
In the three-hour finale, all the contestants meet for a special reunion and a chance to weigh in and show viewers how much weight they've lost this season. America's decision as to who will be the third finalist is revealed, with the eliminated player joining the 12 others to compete for the $100,000 at-home prize. Then the ultimate winner of the $250,000 grand prize is announced. 8 PM on JOY NBC

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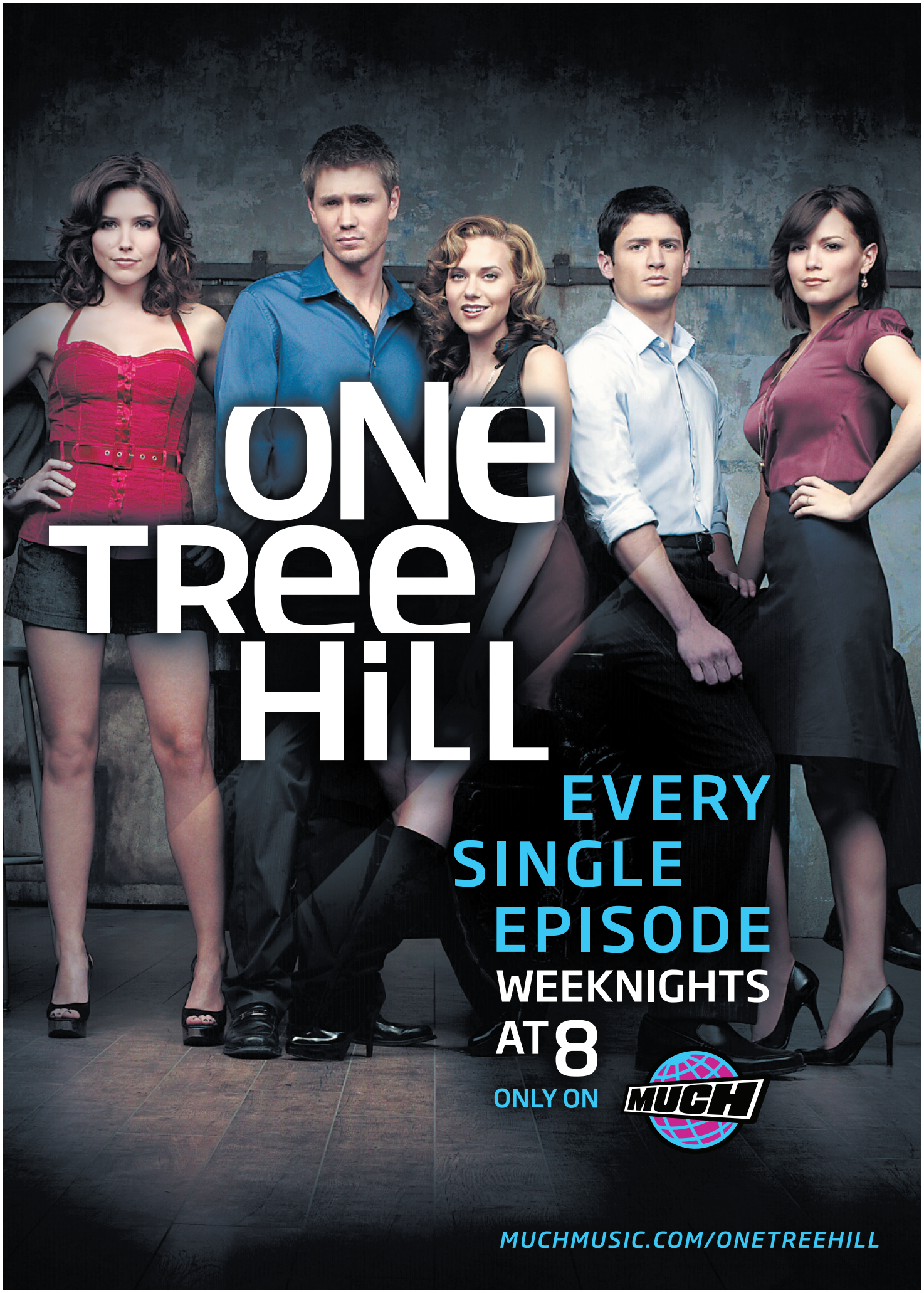
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No babies for Bullock

Sandra Bullock isn't sure she and husband Jesse James will have kids. "You don't have to give birth to someone to have a family. I'm not going to spend two seconds of my life wishing I had something I don't," she tells Harper's Bazaar. USMAGAZINE.COM

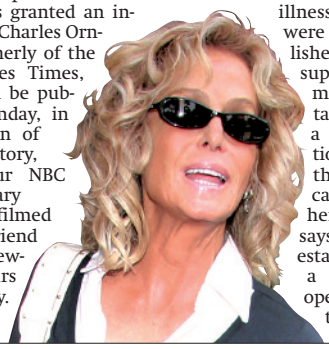
Celebrity Buzz

Farrah opens up about cancer

REFLECTION One thing Farrah Fawcett would have appreciated during the course of her very public, battle with cancer: Privacy. But that is the one thing she never received, people.com reports.

"It's much easier to go through something and deal with it without being under a microscope," says the terminally ill star, 62. "It was stressful. I was terrified of getting the chemo. It's not pleasant. And the radiation is not pleasant."

Speaking to a reporter for the first time since she was diagnosed with anal cancer in September 2006, the actress granted an interview to Charles Ornstein, formerly of the Los Angeles Times, which will be published Monday, in anticipation of Farrah's Story, a two-hour NBC documentary Fawcett filmed with her friend Alana Stewart. It airs this Friday.



Her harshest words were saved for the often-exaggerated stories about her illness that were published by a supermarket tabloid, a situation that caused her, she says, to establish a sting operation at the UCLA Medical Center to catch snooping employees who were leaking information about her condition to the publication.

Reacting to a December 2006 story headlined, Farrah Begs: 'Let Me Die,' Fawcett, speaking in her home, told the Times: "God, I would never say something like that. To think that people who did look up to me and felt positive because I was going through it too and yet I was strong ... it just negated all that."

METRO NEWS SERVICES

Did Susan say no to Obama?

SHE'LL REGRET THAT Britain's Got Talent phenomenon Susan Boyle is getting so famous so fast that she's even had to turn down some pretty impressive invitations.

According to the News of the World, U.S. President Barack Obama reportedly invited Boyle to attend a dinner at the White House, but she refused. "She was shocked and thrilled by the invite, but it was all too much too soon for her so she said, 'No.' She has been told President Obama has seen clips of her on TV and loved her singing. And she is delighted," a source tells the newspaper.

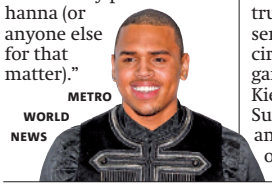
"Instead she'll have no doubt stayed in with her cat Pebbles."

METRO WORLD NEWS

Chris denies he's behind alleged Rihanna nudes

BELIEVABLE? Naked photos allegedly of Rihanna were leaked online recently, but Chris Brown wants everyone to know that he wasn't the culprit.

"This is both a false and defamatory statement," a Brown rep said in a statement, according to TMZ. "Chris has not released or 'leaked' any photos of Rihanna (or anyone else for that matter)."

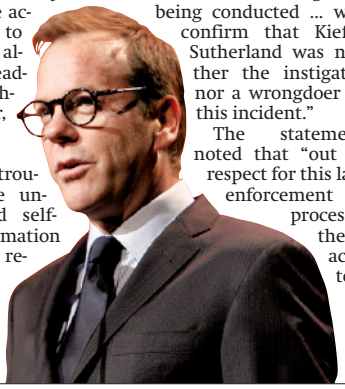


METRO WORLD NEWS

Kiefer breaks weeklong silence

TALKING BACK After a week of silence, Kiefer Sutherland's lawyer released a statement yesterday, asserting the actor was not to blame for allegedly headbutting a fashion designer, people.com reports.

"We are troubled by the untruthful and self-serving information circulating regarding Kiefer Sutherland and events of last Monday evening," lawyer Michael C. Miller said.



"We are confident, however, that the investigation being conducted ... will confirm that Kiefer Sutherland was neither the instigator nor a wrongdoer in this incident."

The statement noted that "out of respect for this law enforcement process," the actor "will not be making any comment."

The statement didn't specify what information Sutherland's attorney considered untruthful. But the alleged victim, Jack McCollough, has spoken out several times, saying he has a broken nose and required surgery.

McCollough's rep said the designer "was the victim of a vicious, violent, unprovoked assault" by Sutherland, 42, who was charged with third-degree assault in connection with the incident. He will be arraigned June 22 at Manhattan Criminal Court.

METRO NEWS SERVICES

Boy George freed early?

LIGHT PUNISHMENT Eighties singer Boy George is reportedly set to leave jail after completing just four months of his 15-month sentence, femalefirst.co.uk reports.

The former Culture Club frontman — real name George O'Dowd — was convicted in December of chaining up a male escort at his east London apartment in April 2007.

GETTY IMAGES

But after impressing authorities at Edmunds Hill jail in Suffolk, England with his good behaviour, the star is said to have been approved for release.

The 47-year-old will be fitted with an ankle monitoring tag and will have to adhere to a curfew, according to the website.

METRO NEWS SERVICES

Jamie Lynn's injured boyfriend back at it

BOUNCING BACK Less than two weeks after being thrown from his pickup after a late-night bachelor party, Jamie Lynn Spears' boyfriend, Casey Aldridge, stood as best man at his cousin's weekend wedding in Mississippi, a source tells People.

"He had the weakness of having been in bed and still trying to get his feet under him," the source says. "It was outside, it was hot, but he did OK. It's just going to take him a few weeks to get better."

Another source says Aldridge was limping and walking slowly. "He was not very animated," the source said. "He is usually quite lively, but he seemed lethargic."

Aldridge, 20, flipped his truck on April 26, causing him and two of his four passengers to be thrown from the vehicle. He suffered head trauma but no apparent brain injury.

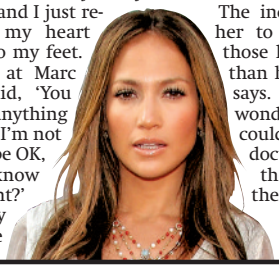
METRO NEWS SERVICES

Jennifer's daughter has medical scare

MOM'S WORST FEAR Jennifer Lopez feared her daughter Emme was seriously ill, femalefirst.co.uk reports.

The singer-and-actress — who raises 15-month-old twins Max and Emme with her husband Marc Anthony — was terrified after discovering a lump on her daughter's head when she was just three weeks old.

She told E!: "We both got very nervous, very, very nervous, and I just remember my heart sinking to my feet. I looked at Marc and I said, 'You know if anything happens, I'm not going to be OK, you know that right?'



"Luckily in the end, she turned out fine."

The incident forced her to think about those less fortunate than herself, Lopez says. "I started to wonder, what if I couldn't afford a doctor, or receive the medicines, the procedures?"

METRO NEWS SERVICES

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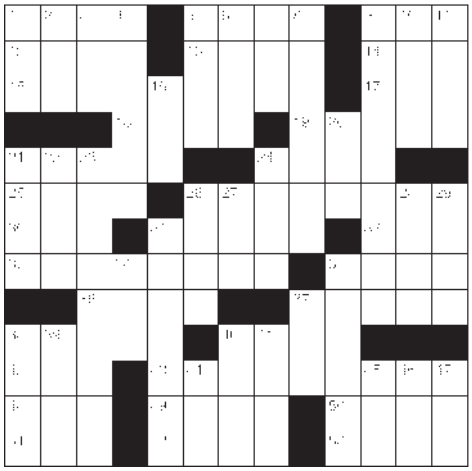


Crossword across

1 "Family —"
5 Revlon rival
9 Scoundrel
12 Relaxation
13 Diner's card
14 Wish otherwise
15 Grouped together
17 Coulter or Curry
18 Nevada city
19 Vile
21 Eco-friendly
24 Unuttered "alas"
25 Incense
26 Encased, in a way
30 Hockey venue
31 Picture puzzle
32 Geologic period
33 Sank, as a billiard ball
35 "Hey, you!"
36 Twitches
37 Starbucks order
38 God
40 Harbour structure
42 U.N. workers' grp.
43 Played a bat-and-ball game
48 Chap
49 Welsh vegetable
50 Protuberance
51 Type measures
52 Vortex
53 Animated figure

Crossword down

1 Shortest of the 12 (Abbr.)
2 Corn spike
3 "Born in the —"
4 Edict
5 Congregation's cry
6 Kill a bill
7 Inseparable
8 Pests
9 It often involves a dummy
10 One of the kin
11 Say it isn't so
16 Understanding
20 Census statistic
21 Stagehand
22 Puerto —
23 November events
24 Missile type
26 "West Side Story" gang
27 Honest politician?
28 Formerly, formerly
29 Appointment
31 Honour Earth Day, in a way
34 DIY buy
35 Progenitor
37 Albanian money
38 It ain't worth a nickel
39 Verve
40 Multicolored
41 Gross
44 Roulette bet
45 Additionally
46 Tokyo's old name
47 Lair

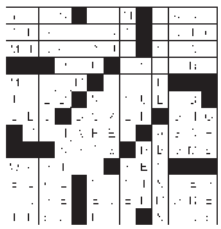
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2	1		4			
	6					1	5	
7	3				5	9		
8		3	9				6	
				5				
	2				7	5		1
		5	2				4	9
	8	9					3	
			8		6	2		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	4	6	8	2	7	3	5	9
9	8	3	6	5	1	2	4	7
7	5	2	3	4	9	6	1	8
6	7	4	5	9	2	8	3	1
5	2	9	1	3	8	4	7	6
3	1	8	7	6	4	9	2	5
8	3	7	2	1	6	5	9	4
4	6	5	9	7	3	1	8	2
2	9	1	4	8	5	7	6	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Nutty Spinach and Mushroom Frittata

INGREDIENTS:
1 pack (250 g) young spinach leaves
Small bunch of fresh parsley
2 tbsp (25 ml) olive oil
1 small onion
3/4 lb (335 g) small button mushrooms
3/4 cup (175 ml) roasted cashew nuts
5 medium eggs
Salt and black pepper
3 oz (85 g) Parmesan cheese

METHOD:
1. Preheat broiler to high. Rinse and dry spinach and parsley; chop enough parsley for 2 tbsp (25 ml); set aside.
2. Heat oil in large frying pan. Halve, peel and finely chop onion. Fry over moderate heat, stirring, until soft, 3-4 minutes.
3. Clean and quarter mushrooms; add to chopped onion and fry, stirring frequently, 3-4 minutes.
4. Add spinach and cook over fairly high heat, stirring frequently, until leaves have wilted and excess liquid has evaporated, 3 to 4 minutes. Stir in cashews and reduce heat to low.
5. Break eggs into bowl. Add 2 tbsp (25 ml) cold water and chopped parsley. Add seasoning and beat together.
6. Pour egg mixture into spinach. Cook 5 minutes until egg is just set and golden underneath, lifting edges to let uncooked egg run underneath.
7. Grate cheese, sprinkle over top and broil 2-3 minutes, until fritatta is golden.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
A bit of teamwork now will bring huge dividends later, so put any personal animosities behind you and work together for the good of the cause.

TAURUS ♉
APRIL 21-MAY 21
You may encounter an unexpected and unwelcome setback today but there is no need to worry because you will be up and running again in no time.

GEMINI ♊
MAY 22-JUNE 21
It's great you believe in yourself, but your reputation could suffer today if you make out like you can accomplish something that proves too much.

CANCER ♋
JUNE 22-JULY 22
If you want to move up in the world you'll have to start working more closely with people who can help turn your vague ambitions into realities.

LEO ♌
JULY 23-AUG 23
Everything seems to be coming easy to you at the moment and that could become a problem if you find it hard to motivate yourself.

VIRGO ♍
AUG 24-SEPT 22
Sweep away everything that's gone before and start again. You've accumulated a lot of baggage over the past year; it will feel good to get rid of it.

LIBRA ♎
SEPT 23-OCT 23
Whether you feel good or bad about what you have to say is less important than ensuring others know you're being open about emotions and ambitions.

SCORPIO ♏
OCT 24-NOV 22
You need to stop thinking in terms of winning and losing. Life is not a zero sum game: someone else does not have to lose just so that you can win.

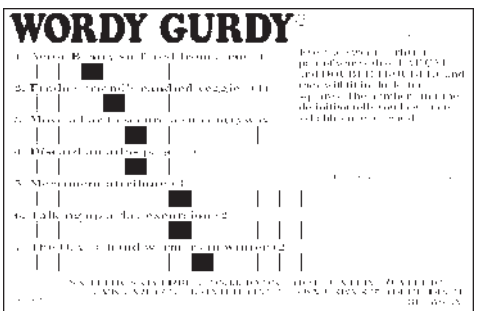
SAGITTARIUS ♐
NOV 23-DEC 21
It's not like you to be modest about achievements but you seem to be keeping a low profile about a particular triumph; you won't be in the shadows long.

CAPRICORN ♑
DEC 22-JAN 20
Don't be afraid to push a bit harder today, especially if you took it easy yesterday. And don't hesitate to demand more from those you live and work with.

AQUARIUS ♒
JAN 21-FEB 18
There are so many distractions in your life now you could lose sight of your number one aim. Have fun, but make sure you're moving toward your goal.

PISCES ♓
FEB 19-MARCH 20
The more others pressure you to make a quick decision about something today the more you must insist on thinking it through. Will it benefit you?

WORDY GURDY



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